

South Dakota Division of Adult Services and Aging

ASA Mission

The Division of Adult Services and Aging's (ASA) mission is to foster and promote community-based and in-home services so that elderly South Dakotans can avoid premature or inappropriate institutional care.

Older Americans Act

One of the primary mechanisms for organizing, coordinating and providing community-based services to older Americans is through the Older Americans Act. The Act was authorized in 1965 to meet the diverse needs of a growing number of elderly individuals. It established the Administration on Aging (AoA) as the federal focal point and advocacy agency for the country's older citizens. AoA administers most Older Americans Act programs at the national level, provides technical assistance and support to the national aging network, and awards funds for supportive home and community-based services to State Units on Aging. Funds are intended to foster a comprehensive system of service delivery that meets local demands for elderly-related services including services for caregivers.

State Unit on Aging

The South Dakota Department of Social Services, Division of Adult Services and Aging, is the State Unit on Aging and is responsible for administering Older Americans Act programs at the state level. As the State Unit on Aging, ASA is responsible for serving as an advocate for older citizens, allocating state and federal funds, monitoring the development and implementation of service systems and providing technical assistance to agencies, organizations and individuals that are interested in the needs of elderly persons.

Adult Services and Aging Local Offices

South Dakota is divided into 4 districts, which includes twenty-four local offices. Located in the local offices are 4 district supervisors, 1 field program specialist, 6 supervisors, 67 social workers and 5 medical review team nurses.

Service Providers

Service providers contracted by Adult Services and Aging to provide needed services include nutrition providers, adult day care providers, transportation providers, and legal services agencies, home health agencies, homemaker providers, etc.

State Advisory Council on Aging

The Older Americans Act requires the Division of Adult Services and Aging to have an Advisory Council on Aging. Members of the SD Advisory Council on Aging are appointed by the Governor. The 12 members who serve on this council are from across the state. A majority of the membership consists of actual or potential consumers of services through the Older Americans Act.

The Advisory Council on Aging:

- Advises ASA staff on concerns relating to the needs of older South Dakotans.
- Initiates and supports cooperation among state agencies and departments to improve services to older South Dakotans.
- Reviews and evaluates programs and services and makes recommendations to the Governor or appropriate administrators for improving or integrating such activities to be more beneficial to older South Dakotans.
- Reviews and makes recommendations on applications for grants to be funded through ASA.
- And other duties as necessary to ensure representation of older South Dakotans in legislative, administrative and social concerns that would improve their status.

Members of the South Dakota Advisory Council on Aging are: (as of 1-31-05)

Therese M Shoener (Chairperson)	Rapid City
Peg Lamont (Honorary)	Aberdeen
Reverend Mary Husby	Sioux Falls
Robert Place	Huron
Donna Seaton	Aberdeen
Phyllis O'Connor	Rapid City
Lorraine Ellwein	Pierre
Dr. Gerald Tracy	Watertown
Fran Hendricks	Huron
Sally Damm	Brookings
James Stein	Pierre
Dr. Fred Entwistle	Sioux Falls



ASA Programs

Through various programs, Adult Services and Aging provides or purchases services for disabled adults and older persons. ASA provides leadership in identifying service delivery methods, and field staff located across the state directly provide assessment and case management services to evaluate the needs of the individual. Based on the assessment, appropriate services are authorized and an Individual Care Plan is developed with the needs of the client specifically identified. Social workers may also work with community groups and organizations to identify needs of South Dakota's elderly.

Caregiver Support

Adult Services and Aging offers services that can help caregivers deal with the daily burden of caring for an elderly person. These services can help caregivers avoid burnout by giving them the relief they need to work or pursue other daytime activities.

South Dakota Caregiver Program provides services to caregivers who are providing assistance to someone over the age of 60. A caregiver is an adult family member, or another individual, who is an informal, unpaid provider. This does not include caregivers for someone in a nursing home or assisted living. Services include:

Information and Referral is one-on-one service for older individuals that:

- provides the individuals with current information on opportunities and services available to the individuals within their communities; and
- links the individuals to the opportunities and services that are available.

Case Management is assistance either in the form of access or care coordination.

Activities of case management include assessing needs, developing care plans, authorizing services, arranging services, coordinating the provision of services among providers, follow-up and reassessment, as required.

Caregiver Relief is temporary support to provide a brief period of relief or rest to the caregiver on an intermittent, occasional or emergency basis. The caregiver has the responsibility for identifying and selecting a provider.

Training is advice, guidance and instruction to caregivers to assist in making decisions and solving problems relating to their caregiving roles. Training can include instructions on how to correctly perform lifting and transferring, dealing with behaviors of the person they are caring for, and training on how to work with family conflict. Other options could include training provided by an OT, PT, speech therapist, nurse or dietician.

Supplemental Services are services which support the needs of caregivers.

Supplemental Services for caregivers includes products and services which assist the caregiver in providing care and ease the burden of providing this care. This is based on each individual's need and situation. Examples include:

- Home evaluations to identify assistive devices which could benefit the caregiver;
- Chore services;
- Transportation when there is no formal transportation provider;

- Professional Assessments by OT/PT/dietician/nursing, etc. (Not training)
- Meals (through a nutrition site or local café, nursing home, hospital, school, etc;)
- OT, PT, speech therapy, nursing and dietician evaluations;
- Assistive devices; and
- Other identified needs.

Adult Day Care helps adults remain living in their own homes for as long as possible. Through activities and services, Adult Day Care provides regular care and supervision outside of the home for part of a day. This enables the primary caregiver to work or pursue other daytime activities as well as providing a needed respite for the caregiver.

Respite Care provides temporary relief to the primary caregiver from the continuous support and care of an elderly or dependent individual. This relief helps prevent individual and family breakdown, institutionalization or abuse by the primary caregiver. Respite Care is not meant to replace other specialized services.

The primary caregiver has the responsibility to identify and select the Respite Care provider. This person may be a neighbor, friend, family acquaintance or community resource person that has agreed to provide the care. Respite Care services may be provided in the client's home, respite care provider's home or in another type of community setting, such as Adult Day Care, with prior approval.

Home Safety

Accessible, safe homes make it possible for older persons to remain living in their own homes or return home following rehabilitation or a nursing facility stay. Assistive devices and home modifications can provide a safe and secure home environment.

ASA Assistive Technology Program was created in recognition of the need for assistive devices by the frail elderly population served through our office. Through the availability and use of assistive devices, we can prevent or delay individuals from institutionalization in addition to providing a more safe and secure home environment.

Chore Maintenance Contracts have been awarded to the Pierre and Huron Area Retired and Senior Volunteer Programs (RSVP). Through these contracts, Chore Maintenance Services are provided to South Dakota's frail elderly. Aberdeen, Mitchell, Sioux Falls, Rapid City, Spearfish/Sturgis, and Webster/Watertown RSVP programs also provide Chore Maintenance services on a limited basis.

RSVP volunteers complete a Home Safety Checklist at the home or apartment of the eligible individual. This checklist is used to identify needed repairs as well as safety issues such as poor lighting, trailing wires, etc. The need for lawn care and snow removal is also reviewed. Those things which are identified as a need will be discussed with the individual and a plan developed to make the home safe. Ongoing services could include changing light bulbs, checking the batteries in smoke detectors, shoveling snow, etc.

Information and Referral

Many older Americans seek advice from informal sources -- family, friends, clergy and doctors. Today, older Americans and their caregivers face a complicated array of choices and decisions about health care, pensions, insurance, housing, financial management and long-term care. Depending on circumstances and needs, the assistance and support consumers require can be as simple as factual information and materials or as involved as advocacy and intervention.

Adult Services and Aging social workers can provide information to link families with local community service providers or refer them to the appropriate agency that can help.

Case Management

As individuals grow older, their needs and lifestyles change. Environmental, social and medical services may need to be altered. Case Management can help identify resources before a crisis occurs. Case Management can help an individual locate the most appropriate resources and services.

The Division of Adult Services and Aging provides an array of services to assist elderly persons in preventing or delaying premature or inappropriate institutionalization. The social worker will discuss different eligibility requirements and procedures for the programs available. In addition, there are many other agencies and organizations that have programs and services that can be accessed.



In-Home Services

In-Home Services are available to elderly and disabled adults who need assistance with routine household tasks. Recipients of these services may be recovering from an illness or have physical limitations.

Homemaker Services make it possible for older persons to live in their own homes or to return to their homes by providing assistance in completing tasks they are unable to manage alone. This program is not designed to replace the assistance that is provided by family and friends. A homemaker is assigned to provide basic household assistance. This may include housekeeping, laundry and assistance with personal hygiene.

Personal Care Services are available to Medicaid-eligible people who have a medical-related need for assistance with bathing, grooming, dressing and other tasks. This service is physician-ordered and may include a nurse visit if the medical condition requires monitoring.

Long-Term Care

When elderly people can no longer live in their own homes, there are a number of options available to address their needs.

Adult Foster Care Homes provide room, board and general supervision of personal care services in a family home. Adult Foster Care can meet the needs of adults who require periodic or regular assistance with activities of daily living, but do not require nursing services. Examples of "daily living" include dressing, bathing, eating, brushing teeth, combing hair, etc. Adult Foster Care homes may serve both private pay individuals and state pay clients. The Department of Social Services is responsible for case management services to clients age 60 and over and receiving state payment. If the client is under the age of 60, the Department of Human Services, Division of Developmental Disabilities is responsible for payment and case management.

Assisted Living Centers vary in size, style and the optional services they may offer. Small family style living or the larger complex of units can be found in the state. Some facilities are operated by non-profit organizations while others are proprietary. In addition, some facilities may be co-located and/or affiliated with a hospital or nursing facility. Under administrative rules adopted in 1995, Assisted Living Centers may accept certain restricted admissions if they meet additional licensing requirements.

In South Dakota, the Department of Health is responsible for the licensure and inspection of Assisted Living Centers. The Administrative Rules of South Dakota, Article 44:04, Medical Facilities, specifies the requirements for staffing, operating and resident care.

Medications

For most people, medicines are an important part of their health care. Increasing prescription choices raise many questions. Consumers must have adequate and pertinent information in order to make informed decisions about their medications.

Rx Access helps people access patient assistant programs which supply prescription medications at low or no cost. In addition, a pharmacist will review all medications a person is taking and may consult with a person's doctor if necessary. The pharmacist will look for:

- Drug interactions.
- High or low doses.
- Illness or side effects caused by medications.
- Less costly alternatives.

A person may be eligible for Rx Access if he or she meets the following requirements.

- You have no prescription drug coverage through private insurance.
- You do not qualify for any state assistance programs for prescription drugs.
- You have a low income. (\$18,000 for a single person or \$24,000 for a couple).

For information visit our web site at: www.state.sd.us/social/asa
or to apply, call toll free 1-866-854-5465 and an application will be sent to you.

Legal Services

Older people sometimes need legal assistance. For those who cannot afford to pay privately for this assistance, the Older Americans Act requires states to provide legal services specifically to older persons with the greatest economic and social need. Legal Services are provided through legal corporations to assist individuals 60 and older with legal questions. Eligible persons can receive help with wills, landlord disputes, rights to public benefits and other legal issues. Legal Services staff, an attorney or a paralegal, can provide legal advice, negotiate settlements, prepare appeals and represent clients during court proceedings or hearings.

Transportation

Transportation is provided in buses or vans, some equipped with wheelchair lifts. Volunteers using their own cars may provide other services. Funds may be awarded to senior centers and other community organizations to provide transportation for elderly people. Transportation is also available to Medicaid-eligible individuals for medical appointments to the nearest health care provider. The Division of Adult Services and Aging does not directly provide transportation services, but awards grants through the Older Americans Act to transit providers.

Nutrition

Congregate meal sites serve nutritionally balanced noon meals in senior centers, housing projects, schools and community buildings. Home delivered meals may be available to individuals who are confined to their home. Volunteers in many communities deliver meals.

Senior Meals Offer:

- Hot, nutritious meals.
- Affordable, delicious meals offering a variety of food.
- An opportunity to meet others in a group dining atmosphere.
- Social contact for those who are homebound.
- An opportunity to help others by assisting with the program.

Senior Health Information and Insurance Education (SHIINE)

Senior Health Information and Insurance Education (SHIINE) ensures that health care consumers have a competent, committed and compassionate consumer-focused network of staff and volunteers. These volunteers and staff provide accurate and objective information through innovative community programs at the state and local level.

The South Dakota SHIINE program has recruited and trained volunteer counselors across South Dakota to assist senior citizens who have problems or questions with Medicare or private Medicare supplemental insurance. This program is free to the citizens of South Dakota. To receive help, individuals may contact SHIINE at 1-800-536-8197.

Adult Protection

Adult Protective Services provides assistance to adults who are at risk of abuse, neglect or exploitation and are unable to protect their own interests. Referrals for a person in need of a power of attorney, guardianship or a representative payee are also examples of Protective Services. Adult Services and Aging Social Workers are the Adult Protective Service Workers for South Dakota.

The **Long-Term Care Ombudsman Program** receives, investigates and resolves complaints that are made by, or on behalf of, older individuals who are residents of nursing facilities, assisted living centers and residential living centers. The Ombudsman is an advocate for the resident and provides information or assistance regarding concerns or complaints about the health, safety, welfare and rights of residents.

Adult Services and Aging Social Workers (Ombudsman) serve nursing facilities and assisted living residents, statewide, by investigating and working toward the resolution of their complaints. The program also provides information and referral assistance, conducts educational activities to increase community awareness of elder rights, and provides training to long-term care and assisted living staff. All reports and inquiries are confidential.

Victims Assistance



Crime Victims' Compensation was created to provide monetary assistance to victims of violent crimes. Up to \$15,000 may be paid for certain expenses incurred as a direct result of personal injury to or death of the victim from a crime committed after July 1, 1999. (Prior to 7-1-99, up to \$10,000 may be paid.) The expenses may include medical, mental health counseling, funeral and burial, loss of earnings or support, replacement costs for personal property used as evidence, and other similar expenses.

Compensation cannot be paid for other property losses, attorney's fees or pain and suffering. In most cases, payments can only be made if there is no other source of payment including private health insurance for the victim, other public programs, etc.

For more information contact the Crime Victims' Compensation Program at (605) 773-6317 or (800) 696-9476.

The **Domestic Abuse Program** provides funding for shelters for abused women and children. Shelter programs offer a wide range of services, including those that help older battered women. Services that are available to victims of domestic abuse and/or sexual assault include: a 24-hour crisis line, transportation, immediate safe shelter, food, clothing, counseling and information and referral to other services the victim may need. The phone number for the South Dakota Domestic Abuse Hotline is (800) 430-SAFE.